

Objective

By the end of this lesson, you will be able to explore the connection between art and therapy, and apply writing skills to express your thoughts and emotions through art.

Materials and Prep

- Sketchbook or blank sheets of paper
- Pencils, colored pencils, or markers
- Art supplies of your choice (optional)
- Access to the internet or books for research (optional)

Activities

1. Research and Reflect:

Start by researching the field of art therapy. Look for articles, videos, or books that discuss how art can be used as a form of therapy. Take notes on any key points that stand out to you.

After your research, reflect on your own experiences with art and how it has made you feel. Write a short journal entry or create a mind map to explore your thoughts and emotions related to art.

2. Create an Art Piece:

Using your sketchbook or blank sheets of paper, create an art piece that represents your emotions or a specific experience. Use colors, shapes, and lines to express yourself. Feel free to experiment with different art techniques or mediums if you have them available.

3. Write an Artist Statement:

Write a paragraph or two explaining the meaning behind your art piece. Describe the emotions or experiences it represents and how you used art as a form of therapy. Be as detailed and expressive as possible.

4. Share and Reflect:

Share your art piece and artist statement with a family member or friend. Discuss your creative process, the emotions you wanted to convey, and how the art-making experience made you feel.

Reflect on the feedback you receive and any new insights gained from sharing your work. Write a reflection journal entry summarizing the conversation and your thoughts on the connection between art and therapy.

Ninth Grade Talking Points

- "Art therapy is a field that combines art and psychology to promote emotional healing and well-being."
- "Art can serve as a powerful tool for self-expression and understanding our own emotions."
- "Creating art allows us to communicate and process complex emotions that may be difficult to

put into words."

- "Art therapy can be beneficial for individuals dealing with stress, anxiety, trauma, or other emotional challenges."
- "Art therapy sessions can take various forms, including individual or group sessions led by trained art therapists."
- "Art therapy is not about creating 'perfect' or 'beautiful' art, but rather about the process of self-discovery and personal growth."
- "Art therapy can help individuals gain insights into their own thoughts, feelings, and experiences, leading to increased self-awareness and emotional resilience."